Mountain Weather Forecast

Northwest Highlands

Including Sutherland, Ben Wyvis, Wester Ross, The Cuillin, Glen Affric, Glen Shiel and Knoydart
Forecast valid from 00:00 on Sunday 07 May 2023 until 23:59 on Monday 08 May 2023

Forecast Issued on Saturday 06 May 2023 at 15:41 by Met Office Aberdeen

Confidence: High for unsettled conditions continuing until Monday, followed by drier conditions from Tuesday. Lower confidence for rainfall detail.

Headline for Sunday 07 May 2023: Sunny spells and afternoon showers becoming overcast with outbreaks rain west later.

Mountain weather hazards on Sunday 07 May 2023

Blizzards
No Likelihood

Heavy persistent snow
No Likelihood

Storm force winds
No Likelihood

Gales
No Likelihood

Severe chill effect
No Likelihood

Poor visibility
Low Likelihood

Thunderstorms
No Likelihood

Heavy persistent rain
No Likelihood

Strong sunlight
Medium Likelihood

Weather and chance of precipitation at 800m							
Time							
00:00	03:00	06:00	09:00	12:00	15:00	18:00	21:00
Light rain	Partly cloudy (night)	Sunny intervals	Sunny intervals	Light rain showers	Heavy rain showers	Sunny intervals	Sunny intervals
Precipitation probability							
40%	20%	10%	10%	40%	40%	20%	30%

Forecast for Sunday 07 May 2023

Weather: Rain in northeastern parts clears towards dawn with overcast skies clearing through the morning. Dry with sunny spells for most through the morning but scattered showers, some heavy, bubble up by midday before dying in the evening. Overcast skies and outbreaks of rain spread east from the evening, reaching western coasts later.

Chance of cloud-free hill tops above 800m: 70%

Low cloud and visibility: Patchy cloud 800-1000m with very good visibility falling moderate in afternoon showers. Extensive cloud 400-500m will spread to western coasts towards dusk.

Check our weather forecast every day to get the most accurate and up to date information
https://www.metoffice.gov.uk/weather/specialist-forecasts/mountain
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Forecast for Sunday 07 May 2023

Height (m)	Wind Speed mean/gusts (mph)					Wind Direction (blowing from)			
	00:00	03:00	06:00	09:00	12:00	15:00	18:00	21:00	00:00
1000	19/23 SE	17/21 S	15/19 SE	16/21 S	18/24 S	18/25 SW	20/26 S	24/30 S	29/38 S
900	17/21 SE	16/20 S	14/18 SE	15/20 S	18/24 S	18/24 SW	19/25 S	22/28 S	26/34 S
600	10/14 SE	10/15 S	9/13 SE	12/17 S	14/20 S	15/21 SW	15/21 S	15/21 S	17/25 S
300	1/11 SE	1/10 SE	2/9 SE	4/15 S	7/20 S	5/19 SW	5/18 S	3/19 S	5/25 S
Glen	4/9 SE	3/8 E	5/8 SE	6/13 S	11/20 SW	9/19 SW	7/15 S	9/22 S	11/25 S

Height (m)	Temperature / Feels Like (°C)								
	00:00	03:00	06:00	09:00	12:00	15:00	18:00	21:00	00:00
1000	5/1	5/1	5/1	6/2	8/4	8/4	8/4	7/2	6/1
900	6/2	6/2	6/2	7/3	9/5	9/5	9/5	8/4	7/2
600	8/6	8/5	8/6	10/7	11/9	11/9	11/8	10/7	9/6
300	10/9	9/8	10/9	13/12	14/13	14/14	14/13	12/12	11/10
Glen	12/12	11/11	12/12	15/14	17/14	17/15	16/15	14/13	13/11
Freezing Level*	1900m	1800m	1800m	1800m	1900m	1900m	1900m	2200m	2200m

**Level above which ground is expected to be frozen/snow is expected to settle.*

Met Office Aberdeen Meteorologist's View
Nothing to add.

Forecast for Monday 08 May 2023
Weather: Overcast skies hill fog and outbreaks of rain spread east from early morning with the best of any brightness across northern ranges in the morning. Some heavy falls are expected, particularly across western ranges.

Maximum wind: South or southwest 30-35mph gust 45 mph.

Chance of cloud-free hill tops above 800m: 20% western coastal ranges, 60% northern ranges

Low cloud and visibility: Extensive cloud 300-500m across the Isles and western coastal ranges broken elsewhere. Visibility good away from cloud, falling poor in rain.

Temperature: **Glens:** Plus 5 Celsius to plus 15 Celsius
At 800m: Plus 8 Celsius
Freezing level: Above summits

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